

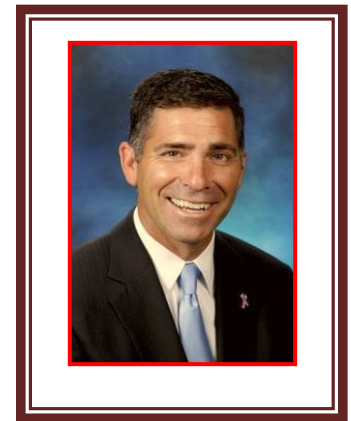


Ulster County Office for the Aging

December 2015 Newsletter

Greetings from County Executive Michael P. Hein

**Season's Greetings from
County Executive
Mike Hein**



As County Executive, I am fortunate to have the opportunity to meet many wonderful seniors throughout Ulster County. I deeply appreciate the contributions they make towards creating a better community, as they continuously dedicate their time, talent and knowledge. We are all fortunate to have such an amazing and caring group of Ulster County seniors.

At this special time of year, I wish you and your families a healthy and safe holiday season. As we welcome the winter season and as you travel to enjoy the festivities with friends and family, please be mindful of the weather and driving conditions, and be prepared with emergency items such as food, water and batteries.

In addition, please be aware that Ulster County and the Clinton Avenue United Methodist Church located at 122 Clinton Ave., Kingston are working together to provide a warming center during extreme cold weather events and emergencies again this winter. The center will be activated by the County Executive's Office in conjunction with the Ulster County Office of Emergency Management. For information about the warming center for either you or someone you know please call (845) 331-7188.

Thank you for all you do. On behalf of my family and the entire Ulster County Government, I wish you a wonderful holiday season and a very Happy New Year!

Mike Hein
Ulster County Executive

Ulster County Office for the Aging

Presents a FREE

HOLIDAY CABARET LUNCHEON

Entertainment by
The Bronx Express Duo

Tuesday, December 22nd

Noon - 2 p.m.

New Paltz Senior Center
3 Veterans Drive, New Paltz, NY

MUST R.S.V.P. by December 18th
Ulster County Office for the Aging
845-340-3456



Michael P. Hein, Ulster County Executive
Wishes you Happy and Healthy Holidays!



The Home Energy Assistance Program – or HEAP – is a federally funded program offering assistance with home heating costs and energy conservation.

HEAP started November 16, 2015 and will be open until March 15, 2016.

Eligibility: Applicants must pay for heat directly or pay for heat in their rent payment; live in a HEAP-eligible residence; be US Citizen or Qualified Alien. Tenants of government subsidized housing where heat is included in the rent or residents of congregate care facilities, dormitories, group homes or institutions are not eligible.

Income Limits: Recipients of public assistance, food stamps or SSI are income-eligible for HEAP. All other applicants must meet the gross monthly income test based on household size. These limits are set each heating season. Here at the Ulster County Office for the Aging, there is a HEAP representative to provide assistance for seniors needing help in applying for HEAP this season.

Applying: HEAP provides grants on a first come, first serve basis until the funds provided for each heating season run out. If you received HEAP in the past year, you will automatically receive a HEAP application for the present year. Call the Ulster County Office for the Aging at 845-340-3456 to make an appointment if you need help with your HEAP application.

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$2,244
2	\$2,935
3	\$3,625
4	\$4,316
5	\$5,006
6	\$5,697
7	\$5,826
8	\$5,956
9	\$6,085
10	\$6,215

**Ulster County Office for
the Aging
Is here to help
HEAT you up
This Fall and Winter**

HEARING LOSS GROUP FORMING

The first meeting of a Hearing Loss Support Group will be held at the
Gardiner Library
133 Farmer's Turnpike
Thursday, December 10
1pm to 2pm

The goal of the group is to provide information and support to those who have or live with someone who has hearing loss. Hearing loss can be an isolating condition.



Meetings will be held in the library community room

For directions or further information call 255-1255 or visit

www.gardinerlibrary.org

Dancin' **2015** on a Sunday afternoon



featuring
**The Inter
Nationals**



© HAPPENY 2011

At the

White Eagle Hall 1:00 - 5:00

487 Delaware Avenue, Kingston, NY

March **22**, April **NONE**, May **3 & 24**,
June **14**, JULY **NONE**, August **9**, September **13**,
October **11**, November **15**, December **13**

For information or to reserve a table, call:

Paul Wereszynski 845.339.5685

 ZEN MOUNTAIN MONASTERY'S

27th Annual Community Holiday Dinner

Please join us Saturday
December 19, 2015

11:00am - 1:30pm 1st seating
2:30pm - 4:30pm 2nd seating

Zen Mountain Monastery
Mount Tremper, New York
off Routes 28 & 212
845.688.2228 mro@mro.org

Transportation

Buses will be provided for those who need a ride from Kingston or Woodstock. For details on pick-up stops close to you, or for more information, please call.

Holiday Meal • Gifts • Live Music • Kids Corner



AARP

FOUNDATION
Tax-Aide

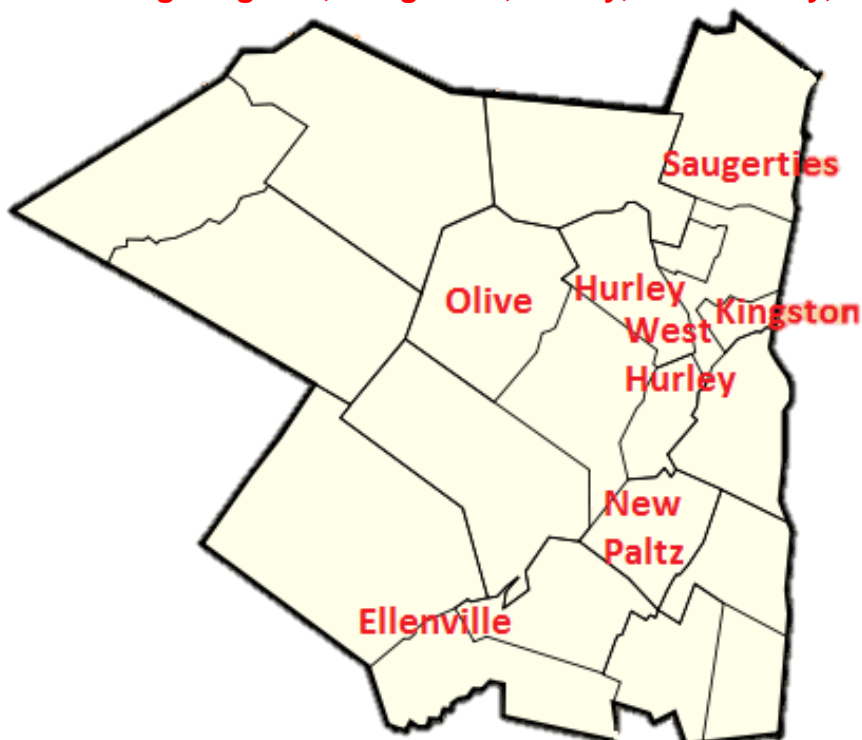
AARP TaxAide needs volunteers to serve as income tax counselors/preparers during the upcoming 2015 tax season.



Volunteers will be trained to assist low to moderate income seniors, individuals, and families, preparing both federal and state tax returns.

Interested volunteers should have familiarity with personal income taxes and be comfortable working with a laptop computer. Income tax and software training will be provided by AARP volunteer instructors in November and December.

AARP TaxAide provides free tax preparation and counseling services at multiple locations throughout Ulster County, including Kingston, Saugerties, Hurley, West Hurley, Olive, New Paltz, and Ellenville.



For more information about volunteering with TaxAide, please contact Rich Dooley, Ulster County District Coordinator, at 845-246-0696 or email at rd6201@yahoo.com.

Ulster County Office for the Aging

VOLUNTEER PROGRAM

- **Transportation for seniors to medical appointments**
- **Calling homebound seniors**
- **Help Seniors access Social Security**
- **Health Insurance counseling**
- **Special Event Support**
- **And MUCH more!**

Please call Patrick McDonough to talk about the wonderful volunteer opportunities available

845-802-7655

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

Safety Tips for the Colder Months Ahead

From Care.com

- **Avoid Slipping on Ice**

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

- **Dress for Warmth**

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. If you're going outside, wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

- **Fight Wintertime Depression**

It can be difficult and dangerous to get around and many seniors have less contact with others during cold months, which can lead to feelings of loneliness and isolation.

To help avoid these issues, family members should check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

- **Check the Car**

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your roadside assistance membership is up-to-date in case of emergencies.

- **Prepare for Power Outages**

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature. Check out [this winter weather checklist](#) from the CDC to make sure you have everything you may need.

- **Eat a Varied Diet**

Since people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- problems can arise. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

- **Prevent Carbon Monoxide Poisoning**

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

*******The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.**

WISE GIVING

The Ulster County District Attorney's Division of Consumer Affairs advises donors to consult www.bbb.org/charity-reviews/national before contributing to national charities. This is the website for the Better Business Bureau Wise Giving Alliance. The Alliance helps donors make informed giving decisions by providing Charity Reports and advances high standards of conduct among organizations that solicit contributions from the public through its Accountability Standards. Consumer Affairs can be reached at 340-3260.



Ulster County Senior Citizen of the Year

2016

Dear Friends,

We want to get a jump start on the 2016 nominations for "Senior Citizen of the Year". Please take a moment to nominate a senior you would like to see honored. Selected seniors, two from each county across the entire state of New York, are honored as part of the annual Celebration of Aging in May. This celebration involves a luncheon held in Albany where the seniors are publically recognized and honored by dignitaries including the Commissioner of the NY State Office for the Aging.

I encourage you to nominate a notable senior in your life or that you have admired from a far. Don't hesitate to call with questions at 845-340-3456.

Sincerely,

Kelly McMullen

Director



Nomination Form
ULSTER COUNTY OFFICE FOR THE AGING
Ulster County Senior Citizen of the Year

2016

Please use this form to nominate an Ulster County senior citizen who you think deserves to be recognized as the 2016 Senior Citizen of the year!

Name of Senior you want to Nominate _____

Address of Nominee _____

Phone Number of Nominee _____

Your name _____

Your phone number _____

Tell us why you think the person you nominated deserves the award of Ulster County Senior of the Year. Include a brief history, any volunteer and community activities. Tell us a little about their career and family as well. You can add additional sheets as necessary. Other clippings are welcome but will not be returned.

Please return to Ulster County Office of the Aging, 1003 Development Court, Kingston, NY 12401 or fax 845-340-3583.



Michael P. Hein, Ulster County Executive

**Ulster County
Office for the Aging**

1003 Development Ct
Kingston, NY 12401
Phone: 845-340-3456
Fax: 845-340-3583



*Greetings from the Director of the
Ulster County Office for the Aging*

Kelly McMullen



Thanksgiving is really one of my favorite holidays—all the traditions, food and family. I made the trip out to Pennsylvania again to be with my parents who are 84 and 88 years young. I did this with a 16 pound turkey and all the fixings in the trunk ! We had a great time looking at old pictures and laughing at memories from when I was a kid.

Thanksgiving kicks off the whole holiday season. I really like the idea of starting this decadent time of year with a little gratitude. So let me say how grateful I am for my wonderful husband, my family and friends, for my dear dogs and for my health. I am grateful to have a job that I love, working with a great team at the OFA and I am grateful that we have the opportunity to serve the seniors of Ulster County.

Looking back over this year, I am also thankful for the resources that the County Executive, Michael P. Hein has provided for new programs; the Enhanced Home Delivered Meals service that provides specialized case management support to our most vulnerable seniors, the "Ulster Checks In" warm call program which provides friendly reassurance through regular phone contact with a vetted OFA Volunteer and our Senior Volunteer Programs one of which links interested seniors to volunteer sites across the country and the other that provides transportation to medical appointments and shopping for seniors who can't use or don't have other transportation resources.

Please do not hesitate to contact us with any questions or concerns you have. We are happiest when we are meeting with and hearing from seniors. I wish you all a very happy holiday season!

Kelly

WE ARE STARTING SOMETHING NEW IN 2016!

Mall Walking with the OFA

**Join a staff member from Ulster County Office for
the Aging each week for a walk and talk!**



Hudson Valley Mall
1300 Ulster Ave., Kingston, NY 12401



Every Tuesday at 10 a.m. sharp!

*We will meet in the community Room by JC Penny mall entrance
at 9:45 so you have a place for your coats.*

Starting January 5, 2016

**Consider mall walking with the OFA to keep up, or jump-start your
exercise routine as well as share your thoughts and ideas with us.**

Here are some of the benefits of mall-walking:

- ❖ Malls are climate-controlled, safe and lots of parking!
- ❖ There are water fountains, bathrooms, and benches available.
- ❖ It's free (If you can avoid shopping along the way!)



Ulster County Executive Michael P. Hein